



## **E-Cigarettes 30 Second PSA**

It's a rapidly emerging trend and is especially popular with youth and young adults. The C-D-C says e-cigarettes are now the most commonly used form of tobacco among youth in the United States.

The sometimes sweet smelling vapor smoke can seem appealing but it contains harmful ingredients, including nicotine. Nicotine exposure during adolescence can cause addiction and hinder brain development. It's important that parents and guardians discourage the use of e-cigarettes by their kids and talk to them about the risk.

**For more information, contact: Ashley Tiedt  
Ashley.Tiedt@adph.state.al.us / 334-206-2080**